Winnipeg metro

TUESDAY, AUGUST 16, 2016

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Lease for $43.83 per week For 60 months

NEW
2016 Hyundai Tucson AWD 2.0L Premium ST# 26431
Lease for $73.51 per week For 60 Months

NEW
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Cue the new Q

Shad out as host, Tom Power takes over metroLIFE
***PLUS*: What you think about the switch metroVIEWS**

Winnipeg metro

CANADIAN MEDAL COUNTER 2 2 9

SEMIFINALS
Canadian soccer gets inspiration from unexpected source

RIO

Your essential daily news | TUESDAY, AUGUST 16, 2016

High 28°C /Low 16°C Partly cloudy

TO OPEN OR NOT TO OPEN

While some push province to extend Sunday shopping hours, others sound a cautionary note

metroNEWS

FoodFare owner Munther Zeid says that his workers deserve a guaranteed night off. ELISHA DACEY/METRO

Harvest issues 'critical' plea

COMMUNITY

Olympics, vacation cited as possible reasons for food shortage

Stephanie Taylor
Metro | Winnipeg

August is typically a slow month for donations at Winnipeg Harvest, but these days, staff at the organization are looking at emptier shelves than usual.

On Monday, Winnipeg Harvest circulated a list of its top five most critically needed food items, which are canned meat, beans, soup, fruit and rice or pasta.

Spokesperson Janelle Duerksen said this is the first time in her experience where the organization has used the word "critical" to describe a food shortage.

"The only thing we can think is maybe hunger isn't top of mind right now with the Olympics going on, with people away for summer holidays," said Duerksen.

She acknowledged that donations tend to slow down in the summer, but said the amount of giving is much lower than this time last year.

Typically, she said, Winnipeg Harvest has at least enough food on its shelves to last until Thanksgiving, which is when more people find themselves in a giving spirit.

"We just know that right now we're not going to be able to kind of meet the need between now and Thanksgiving with these top five items," she said.

Pasta, meat, beans and soup — together, these items provide families with one simple meal to cook, said Duerksen.

She added those who receive Winnipeg Harvest's donations have certainly noticed the food shortage.

Duerksen said these five grocery items are used to create extra food "kits" that are delivered to between 700 to 900 households the organization feeds daily.

"So starting just end of last week we've had to say, 'Sorry, we're not adding any more kits to items.'"

This is the second time this summer Winnipeg Harvest has issued a plea for donations.

Communicators Needed

Our Technical Communication program will help you write and present information that is clear, concise and audience-centred.

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metro NEWS
Your essential daily news

This comedian photobombed the PM to give him a taste of his own medicine. **Canada**

Wife seeks full inquest

WINNIPEG REMAND CENTRE

Says partner in custody denied medicine, died after seizure

The wife of a man who died after suffering an epileptic seizure while in custody at the Winnipeg Remand Centre says facility staff denied her husband his epilepsy medication in the days leading up to his death.

Rochelle Pranteau was on the phone with her 26-year-old common-law husband Errol Greene from the institution when he began slipping into a seizure May 1.

"He said he could feel the numbing feeling in his hands, and his jaw started locking and grinding and then he could hardly talk," said Pranteau, 27, who has three children with Greene and is pregnant with a fourth. "Usually I can stop it when I'm face-to-face with him ... but because I wasn't there physically, I couldn't stop it.

"I heard him fall, and then the phone dropped and was just dangling there."

Pranteau said she listened helplessly for 20 minutes while guards and inmates responded.

Manitoba Justice said Greene was taken to hospital where he died. The department is investigating.

Greene was taken into custody the evening of April 29 for breaching a probation order not to consume alcohol. He had been out on bail awaiting trial for a mischief under $5,000 charge.

Pranteau said Greene told her remand centre staff denied him his epilepsy medicine from the time he arrived at the institution.

The president of the Manitoba Government and General Employees' Union, which represents remand centre staff, expressed sympathy to Greene's family and said the union will encourage its members to participate in the investigation.

"I think it's important for everyone to withhold judgment on what happened until all the facts are known," said Michelle Gawronsky in a statement.

A spokesperson for Manitoba Justice would not say whether Greene was refused his medication, citing privacy legislation, but said inmates sometimes need to see institutional doctors before medication is approved.

The department wouldn't say whether Greene, who was arrested on Friday and died Sunday, was waiting until the next business day to see an institutional doctor.

Pranteau is demanding an inquest to determine why her husband was not allowed to take his medicine and to find out exactly where and when he died. Inmates have told her paramedics pronounced Greene dead at the remand centre around 3 p.m., but officials told Pranteau he died several hours later in hospital.

"So what is the story? Did he die at the hospital or did he die at the remand centre? It's not matching up," she asked. "I want to know what happened to him, every damn detail."

Mark O'Rourke, director of the office of the chief medical examiner, said the investigation will determine whether an inquest will be held. An inquest is only mandatory when a person in custody dies "as a result of a violent act, undue means, or suddenly of unexpected cause," he said.

"We're still in the process of investigating," he said. "It'll take us several months. When the report's done, we'll review our file and we'll be in a position to make a decision."

THE CANADIAN PRESS

> **Did he die at the hospital or did he die at the remand centre? I want to know what happened.**
> Rochelle Pranteau

Errol Greene was on the phone with his wife when he slipped into an epileptic seizure . HANDOUT

DISCRIMINATION

Probe into man's death delayed

A long-awaited inquest into the fatal police shooting of Craig McDougall, 26, won't start until November.

The hearing into the 2008 shooting of the indigenous Winnipeg man was to begin this month, but has been rescheduled because one witness has changed their statement.

McDougall was shot at his home after police responded to a report of an altercation. Police have maintained that McDougall wouldn't drop a knife he was holding.

His family has denied that and the shooting has been criticized by Manitoba indigenous leaders. CJOB, THE CANADIAN PRESS

ACCOUNTABILITY

Crown corps get overhaul

Manitoba says it plans to overhaul how Crown corporations operate to save money and to make them more accountable.

The changes would affect Manitoba Hydro, Manitoba Liquor and Lotteries, Manitoba Public Insurance and the Manitoba Centennial Centre Corporation.

The government says the changes are needed to improve how decisions are made and to more clearly spell out responsibilities and liabilities.

Crown Services Minister Ron Schuler says the legislation will be introduced later this year.

THE CANADIAN PRESS

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BRIDGE DRIVE-IN

New ice cream food truck rolling out

One of Winnipeg's favourite ice cream shops is pulling up to a downtown street near you.

Starting Tuesday, those strolling down Broadway will be able to stop for a milkshake or soft serve ice cream cone from the Bridge Drive-In, better known to most as BDI, as the company has rolled into the ice cream truck business.

Justin Jacob, who co-owns the shop with his wife, Jessica, said the couple has been considering how to put their own spin on the family-owned business, which they inherited some years ago.

The pair mulled opening a second location, but Jacob said starting an ice cream truck was a better fit.

Now as the business trucks into its 59th year in operation, Jacob hopes the truck attracts a new fan base of ice cream lovers.

"The experience at Jubilee will always be kind of very unique. Like, a lot of people remember going there as a kid and going there now with their children," Jacob said.

"There's a lot of memories tied to the Jubilee location there, but I think the truck is kind of just a nice complement to that."

He's a bit taken aback by people's enthusiasm for the new truck, which they announced over the weekend.

"It's very surprising. I think people just get really excited for ice cream," said Jacob.

Decorated in the unmistakable red and white striped pattern from BDI's current stand, the truck has already pulled into an outdoor downtown movie screening and a farmers' market in East. St Paul.

Its next stops include this weekend's Filipino street festival, and a regular spot along Broadway during the weekdays for as long as the weather permits, Jacob said.

He also said BDI fans can expect about 75 per cent of the existing menu to be available at the truck.

Jacob also plans to bring BDI's ice cream across provincial borders and participate in international food truck festivals, including one in Montreal.

STEPHANIE TAYLOR/METRO

The BDI truck, christened the "GOOB to Go" truck, will be on Broadway Tuesday. CONTRIBUTED

A cashier works at FoodFare Monday afternoon. ELISHA DACEY/METRO

Grocer questions push to extend Sunday shopping

BUSINESS

Says it's one of the few times families can be together

Stephanie Taylor
Metro | Winnipeg

While the Winnipeg Chamber of Commerce is preparing to press the new provincial government for more flexible Sunday shopping hours, one local retailer cautions storeowners to be careful what they wish for.

Munther Zeid is the president of the family-owned company that operates Foodfare. One of his five stores is closed on Sundays, while the others operate from ten or even until 6 p.m.

When it comes to the issue of the province relaxing its rules that prohibits many grocers and retailers from operating on Sundays past 6 p.m., he's said his opinion has changed over time. "If you would have asked me that question 20 years ago, I would have said, 'Sure, why not. It's ridiculous,'" Zeid said on Monday. "Over the years you have kids, they grow up, you want to spend time with them, even your own staff have families, and really, I mean, I wouldn't mind having a day when everybody has to close."

Cliff Cullen, minister of growth, enterprise and trade, said in an email statement to Metro the province is not considering any change at the moment, but is "open" to hear from residents.

"As was the case with changes made in 2012, any amendments contemplated to the Retail Businesses Holiday Closing Act would seek advice and recommendations from the Labour Management Review Committee (LMRC)," the statement read.

That's welcome news to Loren Remillard, president and CEO of the Winnipeg Chamber of Commerce, which has been pushing for the legislation change for decades, he said.

"Sunday is a day like any other day of the week, and [extended hours] recognizes that truly we're both a secular society today and very much a 24/7 society," he said. "To restrict Sunday shopping is not reflective of the change in our society."

Remillard hopes the issue will hit the legislature floor during its fall sitting, and in time for changes to be in place by the holiday shopping season.

He said the matter ultimately boils down to granting retailers the freedom to set their own operating hours, adding that businesses owners would indeed have a choice whether to open or close.

Zeid agrees the issue is a personal one, but doubts how much business retailers, in particular, grocers would see Sunday evenings.

"We're open whenever we want six days out of the week. What's the big deal if [the government] controls one day?"

He said it's inevitable the rules will change, but regardless believes Sunday evenings remain one of the few times families can spend time together.

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TRANSIT TUESDAY
Weekly Transit News Update

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Say hello to peggo, the new electronic fare collection system from Winnipeg Transit. Using a peggo card is easy! Simply tap and hold the card directly on the peggo card reader on the farebox, wait for the beep and go. With peggo, you can purchase fares and check your card balance online for added convenience!

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- e-pass - replaces paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash - replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox.
- Transfer - when paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Cash fares will be accepted on all buses, but please remember, no bills or pennies.

Where to buy your peggo card.

Purchase your peggo card online at winnipegtransit.com, by calling 311, or at any 7-11 or Shoppers Drug Mart. Get your card today! For a complete list of retailers visit winnipegtransit.com or contact 311.

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Winnipeg

RESEARCH WHALE OF A TIME Stephen Petersen of Winnipeg's Assiniboine Park Zoo and his wife, biologist Meg Hainstock, are asking viewers of a live underwater webcam to take snapshots of beluga whales to help their research. Launched last year by Bozeman-based Polar Bears International and Explore.org., the cameras are attached to a boat in an estuary near Churchill.
HANDOUT/THE CANADIAN PRESS

Workshops look to provide 'fresh start'

EMPLOYMENT

Series teaches street youth, homeless vets trades skills

Braeden Jones
Metro | Winnipeg

A new series of workshops is giving street youth and homeless veterans trades skills, and, organizers say, a "fresh start."

"What we're hoping for is to get these people off the street, give them something constructive to do ... boost their self confidence and also give them the idea that the community hasn't forgotten about them," said Patrick Belhumer, a Metis elder and president of the Urban Knights and Ladies Peace Patrol.

The group — which has been patrolling Winnipeg as a community watch group since 1975 — has partnered with The Home Depot to offer the skills workshop series, the third of which took place Thursday. The next one is in October.

"It's been a good success so far," Belhumer said.

Around a dozen participants gathered at the Empress Street Home Depot store, which donates skilled instructors and supplies to the class.

In June, the small group actually built a garden box and then donated it to Isaac Brock School, doubling down on the program's cyclical, feel-good community vibe.

"They are contributing (to the community) by building these things, they're being donated, now they can walk by and say 'yeah, I built that and look where it sits now, at the school, being used,'" Belhumer said.

He explained there's no age limit and no experience required, "it's more whether they would like to get some skills to maybe help them get a job or give them some self esteem."

> What we're hoping for is to get (them) off the street, give them something constructive to do.
> Patrick Belhumer

Belhumer said the ultimate goal is to introduce people who are down on their luck to trades —so far they've been working on carpentry — and eventually he's hoping to apply for funding to help the participants gain safety certification "so we can actually get them hired."

"Down the road, once we have some workshops under our belt, we might apply for funding to provide construction safety programs for the people who have come on a regular basis and want to go further," he said. "That way it's not a kind of band-aid solution, it's something that can result in jobs."

TREASURY BOARD

Justice minister to oversee provincial spending

Manitoba's premier has named Justice Minister Heather Stefanson to a key cabinet committee that oversees government spending.

Brian Pallister was criticized by the NDP last spring for not including any women on treasury board.

On Monday Pallister announced that Stefanson has navigated many of the most complicated files facing his government in its first 100 days.

He says she will bring a wealth of knowledge and experience to the treasury board committee.

Earlier this year Pallister defended the makeup of treasury board, saying he appointed the best ministers for the job.

Pallister says his Progressive Conservatives have inherited a challenging fiscal situation from the NDP that threatens his government's ability to deliver the services and quality of life that people expect and deserve.

Stefanson also currently acts as Manitoba's deputy premier.

THE CANADIAN PRESS

Comedian turns tables on PM

The prime minister's visit to Atlantic Canada has already included one shirtless selfie — but this time, Justin Trudeau is the photobombee rather than photobomber.

Comedian and Newfoundland native Mark Critch pounced on the opportunity to turn the tables on Trudeau during a walkabout on Signal Hill on Monday.

Critch tweeted a photo of Trudeau grinning at the camera with Critch bare-chested in the background.

"Sorry to accidentally photobomb your @CityofStJohns pic @JustinTrudeau," wrote Critch in the tweet, which had been retweeted 1,000 times by early Monday afternoon.

An amused Seamus O'Regan, the MP for St. John's South-Mount Pearl, flanks the prime minister with one hand over his mouth, presumably stifling giggles.

Trudeau made headlines recently with two shirtless photos, the latest while taking a break from surfing and photobombing a couple getting married on a Tofino, B.C., beach. THE CANADIAN PRESS

Hunter under fire after spearing bear

ANIMAL WELFARE

Video prompts province to review hunting regulations

An American big-game hunter has posted a video of himself killing a black bear in Alberta with a GoPro-equipped spear, drawing criticism on social media and prompting the provincial government to introduce a ban on the use of spears.

Ohio hunter Josh Bowmar, a fitness trainer, posted the video to his YouTube channel on June 5.

Bowmar says the hunt took place during a trip he and his partner Sarah took to Alberta in mid-May.

In the video, a black bear can be seen circling then approaching the baited area where Bowmar stands before he hits it with the spear from just metres away.

"The type of archaic hunting seen in the recently posted video of a hunter spearing a black bear, allegedly in Alberta, is unacceptable," said a statement emailed by Alberta's Ministry of Environment and Parks Monday evening. "Work is well underway to update Alberta's hunting regulations. We will introduce a ban on spear hunting this fall."

Josh Bowmar killing a black bear in Alberta. YOUTUBE.COM

In the meantime, the statement said, the ministry has asked Fish and Wildlife officers to investigate the video and "determine if charges are warranted under existing laws."

Facebook posts and comments on the YouTube video described the footage as "barbaric," but Bowmar says he believes it was an ethical kill.

"First and foremost, spear hunting gives the animal the greatest chance of escape," Bowmar said in an emailed statement to Torstar News Service on Monday. "Trust me, no one cares more about these animals than us hunters, especially me," he said, adding he'd trained to spear hunt for months beforehand.

Bowmar's comments on video were more exultant.

"He's going down; I drilled him perfect," he said to the tune of dramatic background music.

Roland Lines, the Alberta SPCA's communications manager, called it "disturbing."

He added the SPCA would be reviewing it to ensure it was an ethical hunt.

"The hunter seems to have viewed the hunt as an opportunity for entertainment," Lines said. "That's what's most disturbing."

Wayne Lowry, president of the Alberta Fish and Game Association, said his organization had been pushing for a ban on spears, as outside interest to hunt with the weapon in Alberta has been on the rise.

TORSTAR NEWS SERVICE

Liberals not helped by ranked ballots

If Justin Trudeau gets his way on electoral reform, will the Liberals "steal" every federal election in perpetuity? As hearings on a new voting regime resume next Monday, the Conservatives contend that's what would happen if Canada adopts a system of ranked ballots, which the prime minister has touted as his preference for replacing the first-past-the-post (FPTP) voting system.

Hogwash, say political scientists who specialize in the study of voting systems. "Would the Liberals automatically benefit? No," says Wilfrid Laurier University's Brian Tanguay.

Had the ranked ballot system been in place in last fall's election, polls have suggested Trudeau's Liberals would have won an even bigger "false majority" since they were the most popular second choice among supporters of other parties.

But those analyses superimpose second choice preferences onto voting behaviour driven by FPTP — which compelled many NDP and Green supporters to back the Liberals to defeat the Conservatives. THE CANADIAN PRESS

BANGLADESH ATTACK

Khan shown with gun, but questions remain

A University of Toronto student remains in custody in Bangladesh following publication of pictures that allegedly show him holding a gun at the scene of a deadly hostage-taking.

However, questions remain unanswered about the context of photos that appear to show Tahmid Hasib Khan on the rooftop of the Holey Artisan Bakery during the July 1 attack that killed 20 hostages.

The New York Times and Guernica magazine have published reports quoting hostages as saying that Khan, 22, was also a hostage, and that he was photographed after being ordered to hold an unloaded pistol.

In a report that included the images, Dhaka Tribune acknowledged that "by themselves, the photos present no hard evidence that links ... Tahmid directly to the attackers."

The Tribune also said it could not independently verify the source of the images.

Khan has been arrested but not charged for the attack, in which five armed gunmen were killed and 13 other hostages freed after an 11-hour siege.

Tahmid Khan
CONTRIBUTED/THE CANADIAN PRESS

On Saturday, a judge granted police a six-day extension to keep Khan in custody as they probe the attack that was claimed by Daesh.

The University of Toronto has written to the Bangladeshi High Commission in Ottawa, expressing concern for the safety and fair treatment of Khan, U of T spokesperson Althea Blackburn-Evans said on Monday.

Khan is described by the university as a student in good standing who's active in extracurricular activities, including sports and music. Khan's family has repeatedly said that he's innocent and friends have set up a Free Tahmid Facebook page.

TORSTAR NEWS SERVICE

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'Religion is an afterthought'

DAESH

Extremist group preys on ignorance of new members

The jihadi employment form asked the recruits, on a scale of 1 to 3, to rate their knowledge of Islam. And the Islamic State applicants, herded into a hangar somewhere at the Syria-Turkey border, turned out to be overwhelmingly ignorant.

The extremist group could hardly have hoped for better.

At the height of Daesh's drive for foot soldiers in 2013 and 2014, typical recruits included the group of Frenchmen who went bar-hopping with their recruiter, the recent European convert who now describes himself as gay, and two Britons who ordered "The Qur'an for Dummies" and "Islam for Dummies" from Amazon to prepare for jihad abroad.

Their intake process complete, they were grouped in safe houses as a stream of Daesh imams came in to indoctrinate them, according to court testimony and interviews by The Associated Press.

Civilians flee villages outside Mosul the day after Iraqi Kurdish forces launch an operation east of the Daesh-held city in Iraq on Monday. THE ASSOCIATED PRESS

"I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'" said the 32-year-old European recruit, speaking to the AP on condition of anonymity. He said he thought he was joining a group to fight President Bashar Assad and help Syrians, not Daesh.

The European, whose boyish demeanour makes him appear far younger than his age, went to Syria in 2014. He said new recruits were shown Daesh propaganda videos on Islam, and the visiting imams repeatedly praised martyrdom.

An analysis of leaked Daesh documents reveals most of its recruits from its earliest days came with only the most basic knowledge of Islam. A little more than 3,000 of these documents included the recruits' knowledge of Shariah, the system that interprets into law verses from the Qur'an.

According to the documents, which were acquired by the Syrian opposition site Zaman al-Wasl and shared with the AP, 70 per cent of recruits were listed as having just "basic" knowledge of Shariah — the lowest possible choice. Around 24 per cent were categorized as having an "intermediate" knowledge, with just five per cent considered advanced students of Islam. Five recruits were listed as having memorized the Qur'an.

> "I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'"
> Daesh recruit

Patrick Skinner, a former CIA case officer with extensive experience with Mideast extremist organizations, said some people claim allegiance to Daesh out of religious belief, but that most who join are people "reaching for a sense of belonging, a sense of notoriety, a sense of excitement."

"Religion is an afterthought," said Skinner. THE ASSOCIATED PRESS

U.S. ELECTION

Trump's new plan for vetting immigrants

Donald Trump called Monday for "extreme" ideological vetting of immigrants seeking admission to the United States, vowing to significantly overhaul the country's screening process and block those who sympathize with extremist groups or don't embrace American values.

Donald Trump smiles to applause. THE ASSOCIATED PRESS

"Those who do not believe in our Constitution, or who support bigotry and hatred, will not be admitted for immigration into our country," Trump said in a foreign policy address in Youngstown, Ohio.

Trump's proposals were the latest version of a policy that began with his unprecedented call to temporarily bar foreign Muslims from entering the country — a religious test that was criticized across party lines as un-American. THE ASSOCIATED PRESS

YEMEN

11 killed in hospital airstrike

An airstrike hit a hospital supported by Doctors Without Borders in northern Yemen on Monday, the international humanitarian group said, killing at least 11 people and wounding at least 19 others.

The group, known by the French acronym MSF, said the strike hit the hospital near the Houthi rebel stronghold of Saada, where teams were still attending to the wounded.

The airstrike on Abs Hospital, in Yemen's Hajjah governorate, occurred around 3:45 p.m. Monday, MSF said in a news release. The aid group said nine people, including an MSF staff member, were killed immediately. Two more patients died while being transferred to another hospital, and five patients remain hospitalized.

MSF said the hospital, which the group had been supporting since July 2015, was partially destroyed, and all the remaining patients and staff have been evacuated. THE ASSOCIATED PRESS

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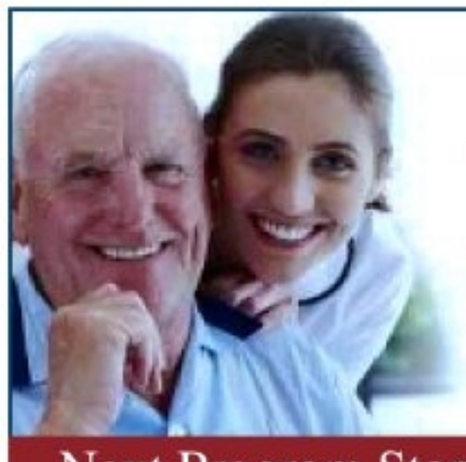

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Paige Shaw, top left, and her family Chase, Finn, and Dana Shaw with their Australian au pair Kimberley Spence, bottom, in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

Families turning to au pairs

DAY CARE

Rise pegged to changes in caregiver program

Calgary mom Paige Shaw found herself in a bind when her nanny decided to return to Toronto last year.

So she turned to the Internet to find their next caregiver and joined a growing number of Canadians seeking new ways to manage what can be frustratingly hard-to-find child care — by hiring an au pair.

The 38-year-old says she had never heard of the concept before last year, but after finding Kimberley Spence, a 19-year-old from Perth, Australia, she says it is "hands down" the best arrangement for her family.

The phenomenon of hiring a young traveller on a holiday working visa instead of a traditional live-in nanny is definitely on the rise, says Manuela Gruber Hersch of the Vancouver-based International Nannies and Homecare.

"We started about four years ago with a few, and then basically the placements after that doubled," says Gruber Hersch, also president of the Association of Caregiver and Nanny Agencies Canada. She pegs the rise to changes two years ago to the federal government's foreign caregiver program that made it "risky, very expensive and cumbersome" to secure a full-time nanny from overseas.

One of the reasons au pairs are lesser known in Canada is that many are hired under the table, says Gruber Hersch. Cost is a big issue, since parents must adhere to minimum wage rules and make deductions for Employment Insurance, Canada Pension Plan and income tax. In the end, the cost can be comparable to a daycare or nanny.

THE CANADIAN PRESS

SHOPPING

Back-to-school sales to grow: Experts

Retail experts are forecasting an increase in Canadian back-to-school spending this summer thanks in part to the low loonie and the new Canada Child Benefit.

Business consulting firm EY, formerly Ernst and Young, predicts that retailers will see a 4.5 per cent increase this year over 2015 sales as students stock up for another year in the classroom.

EY's forecast is based on factors that include province-by-province employment numbers, housing markets and consumer spending habits over the past 12 to 18 months, said EY's Daniel Baer in a recent interview.

EY also asked retailers across the country for their own sales trends and expectations.

Back to school is the second-biggest shopping season after Christmas, Baer said.

"What we've been seeing is stronger retail sales for a few reasons," said Baer. "The Canadian economy has been relatively strong (and) there's been some more government spending in terms of child-care benefits … putting money into the hands of families."

EY doesn't expect all provinces to reap the rewards of increased back-to-school spending. The struggling oil-and-gas industry and rising unemployment in the Prairies point to lower spending, especially in Alberta.

But Alan Middleton, a marketing professor at York University's Schulich School of Business, said back-to-school spending is relatively immune to a weak economy.

"They may not get the top-of-the-line laptop … but there's still going to be a whole bunch of other stuff they're (buying)," he said.

THE CANADIAN PRESS

IN BRIEF

Home sales slowing
The Canadian Real Estate Association says July marked the third consecutive month of fewer home sales. The number of transactions fell 1.3 per cent nationally between June and July, as more than half the markets showed declines in July. THE CANADIAN PRESS

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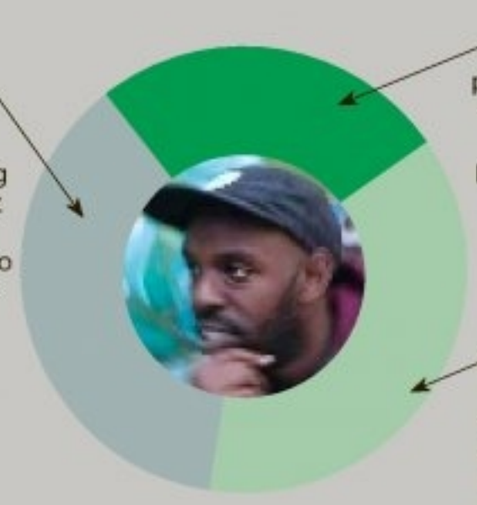
Your essential daily news
Tuesday, August 16, 2016

METRO POLL

O, Shad, we hardly knew ye

The CBC announced Monday that Shad will no longer be the host of Q, the public broadcaster's daily arts-and-culture radio show. He'll be replaced by longtime backup host Tom Power. Under Shad, the show was unable to recover from the Jian Ghomeshi sexual-assault scandal: Ratings have steadily plummeted since Ghomeshi was removed in the fall of 2014. We asked readers for their take on the move.

1 Is replacing Shad the right move for Q?


37%
Yes. It's been obvious for a long time that the kid isn't up to the task.
26%
No. It was premature. Shad's still new and promising. Let him improve!
37%
I don't mind that Shad's gone, but why is this boring white guy taking over?

WE ASKED Metro readers

Shad is a low-key host but projects warmth and to his subjects. He might need coaching on interviewing, but I like him a LOT better than Power, who is way too 'chirpy' and sounds like someone who hawks vitamins for a living.

I was enjoying Shad's work. Letting him come into his own and build something outside Ghomeshi should have started with a new name.

He never left script and let golden opportunities pass.

He just did not develop the interview skill necessary for the format of Q. Always sounded like he was reading someone else's list of questions.

NO MORE BORING WHITE DUDES IN MEDIA PLZ

I'd like to see a woman in there, given the reason JG is gone. I do like Tom Power though...

He isn't the worst thing on the CBC. There are many other 'personalities' that are wanting.

visit metronews.ca
HAVE YOUR SAY

City needs to be ready when the big gig comes

YOUR RIDE

Colin Fast

It's not the kind of gig you expect to be raving about at a music festival.

Bell showcased some of the new technology it plans to bring to Manitoba at last weekend's Interstellar Rodeo. And while the slick TV service and virtual reality headsets got lots of attention, a simple Internet-speed test was the real star of the show.

Using a fibre-optic connection, Bell demonstrated speeds of nearly one gigabit per second. And that's what it wants to make available to every home in Winnipeg when its deal to purchase MTS closes later this year.

That's 20 times faster than the best product currently available through MTS. It's quick enough to download an HD movie in just seconds, or have every device in a home streaming a different media source. Say goodbye to the spinning wheel of death.

While consumers will benefit, the promise for the business community is even greater. From freelance designers who currently struggle to upload giant video files for clients, to entrepreneurs launching new tech firms out of their basements or in one of the city's business incubators, gigabit service has the potential to empower a new wave of innovation in the city.

That's been the experience in Kansas City, where Google started installing its gigabit service in 2012. An entire Startup Village sprung up in the first neighbourhood to be wired, and the city's bond ratings were even upgraded.

It's a similar story in Chattanooga, where the city itself built a gigabit service a few years ago. That investment has fuelled a tech boom that has generated at least 2,800 new jobs, according to a University of Tennessee study.

"Having a reliable connection to a high-speed connection is huge for technology startups," said Scott MacAulay, an entrepreneurship instructor at Red River College who has helped guide several new businesses in Innovation Alley.

MacAulay also noted that Winnipeg was named one of the top seven smartest cities in the world this year by the Intelligent Communities Forum. He said having widespread access to ultra-high-speed Internet and the possibility of using that to power community Wi-Fi service could push Winnipeg to the top of that list.

Beyond consumer and business applications, Bell executive Mirko Bibic pointed out that civic operations can benefit — from having traffic lights and buses communicate in real-time to installing wireless leak sensors in the water system.

"Or driverless cars. If you really want driverless cars to be safe, you need fibre-to-wireless cell sites and you need modules every couple of hundred metres so the car can always be in touch with the network," he explained.

While it will take a few years to roll out, gigabit Internet could transform business, education, health care, transportation and government services in Winnipeg. And while Bell is investing the money, community leaders need to get up to speed on the service's potential, and develop their own plan so the city can make the most of this opportunity.

Colin Fast is a Winnipeg-based communications specialist and freelance journalist. Find him @policyfrog on Twitter

Is Canada's team doing as well as it should in Rio?

Richard Florida

In many ways the Rio Summer Games is shaping up to be a banner Olympics for Canada. Swimmer Penny Oleksiak has hauled in four medals including gold in the women's 100-metre free-style swim. Sprinter Andre De Grasse took the bronze in the men's 100-metre run. With 13 medals and 11th place among nations as of Monday morning, it's easy to heap praise on Canada's performance.

But simple medal counts often fail to provide a meaningful indication of a country's relative performance.

With the help of Charlotta Mellander and Patrick Adler, my colleagues at the University of Toronto Martin Prosperity Institute, I ranked each nation's overall medal performance by their population, size of their economy and the number of athletes on their Olympic teams.

Sadly, when we look at the number of medals based on size of population, Canada falls further down the list. We rank 26th with 3.6 medals per 10 million people. Tiny Grenada takes the top spot on this metric. Its one medal is equivalent to 93.6 medals per 10 million people. New Zealand is second with 17.4, followed by Slovenia with 14.5, Denmark with 12.3, and Hungary with 12.2. Large countries generally speaking do worse on this metric. The U.S. falls from first in total medal count to 36th (with 2.15 medals), Russia goes from fourth to 38th, and China falls from third to 60th.

Canada does even worse when we look at medals based on the size of the economy. Canada ranks 42nd with less than one medal (0.8 medals) per $100 billion of economic output or GDP. Again, Grenada tops the list: its one medal translates to more than 100 medals (per $100 billion GDP). Fiji is next with 22.8, followed by Jamaica (21.4) and Mongolia (17.1). By this metric, the United States is 54th, Russia 26th and China 53rd.

Perhaps the most useful way to measure success is to look at how many medals nations bring home based on the size of their Olympic teams. This metric makes the size of a country a more neutral factor in comparing results.

On this list, too, Canada doesn't fare particularly well, placing 37th: just 0.4 medals per 10 Olympians. Small countries take the top three spots. North Korea places first with 1.93 medals per 10 team members; Grenada is second with 1.43; and Kosovo third with 1.25. But Canada's rank on this metric is much more daunting, because many big countries with large teams tend to do well on it: The U.S. rises to fourth place with 1.22. China is fifth with 1.12 and Russia sixth with 1.06.

Of course, in a country famous for hockey and branded "We the North" the Summer Games may be something of an afterthought. But Canada has many advantages: it is a big country with a big team, not to mention that its openness to immigration gives it an edge in attracting talent from around the world. There is much to be proud of in the individual successes of athletes like Oleksiak and De Grasse. But, at a broader national level, it's time for Canada to up its summer game.

Richard Florida is director of cities at the Martin Prosperity Institute in the University of Toronto's Rotman School of Management.

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Stranger Things star Mike Wheeler covers Nirvana's Lithium and the internet loves it

REVIVING FITNESS FADS THROUGH MUSIC

A few years ago Zumba was the 'it' fitness fad. But these days many people would be embarrassed to admit they ever went to the dance-cardio classes. Now, the brand has hired music producer Timbaland in a bid to give Zumba a second 15 minutes of fame. Here are five other former fitness fads that could use the help of a hip producer to get back into fighting shape. MELISSA DUNNE/METRO

1

Runnin' thru The 6 with my quads

If you watched TV in the early '90s there was no escaping Suzanne Somers encouraging viewers to "squeeze, squeeze your way to shapely hips and thighs" with the ThighMaster. Toronto-born producer **Noah "40" Shebib** could give a new generation a new view on the toning device. Perhaps he could get his swole bestie **Drake** to work his thighs whilst a moody, atmospheric tune plays in the background for a millennial version of this classic infomercial?

2

Can't stop the sliding

Yep, exercise involving a stripper pole and lap dances was a real thing in the '00s, with devotees that included Carmen Electra, Teri Hatcher and Kate Hudson. One assumes current strippercise classes are about as depressing as a strip club on Christmas Day. This erotic form of exercise could use the magic touch of **Max Martin**, who just produced Justin Timberlake's first hit in years. If anyone can revive things that were hot about a decade ago, it's Martin.

3

Making step class supa dupa fly

In the '80s Jane Fonda made wearing a bright leotard and legwarmers while stepping on a plastic box the thing to do. If anyone can make step aerobics supa dupa fly again it would be Timbaland's long-time pal and collaborator **Missy Elliott**. She just inspired U.S. First Lady Michelle Obama to sing 'Get Ur Freak On' on television, so the hottest 'round seems up for the challenge of getting people to step up to step class in 2016.

4

If you feel like pilates is the truth

Gwyneth Paltrow has been partially responsible for popularizing many fitness fads over the past decade, including Pilates. New York Magazine recently declared this gruelling and repetitive exercise routine about as dead as Paltrow's acting career. If super-producer **Pharrell Williams** can make wearing a Mountie hat a thing, he can definitely make doing tiny circles with your legs over and over and over again a thing again.

5 Piloxing's chance for hybrid cool

Back in the halcyon days of 2013 The Daily Mail was asking if Piloxing was the new Zumba. Yes, yes it was, friends. Alas, while the "hot fitness trend" combined Pilates and boxing and had a creative portmanteau it was definitely not hot a mere three years later. Canadian wunderkind **Ebony Naomi Oshunrinde, a.k.a. WondaGurl**, is only 19, and has already worked with the king of rap, Jay Z. Piloxing needs a young, fresh image and this rising star from Brampton, Ont., could get the hybrid exercise back in the ring.

INSTAGRAM/ WONDAGURL

RADIO

Shad steps down as host of Q

Shadrach Kabango a.k.a. Shad, is stepping down as host of the CBC Radio show Q, the broadcaster announced Monday. His last day as host will be Tuesday, CBC said in a statement that also named his replacement as Tom Power.

Kabango will be pursuing "new creative opportunities" with the CBC said Susan Marjetti, executive director of CBC Radio English Services.

"We are refocusing and reinvesting in Q to ensure it continues to evolve and deliver what our audience wants from CBC Radio's flagship music, arts and cultural program," Marjetti said.

"Tom is a great fit for Q. We look forward to exploring a new show with Shad that plays to his strengths and passion for music. Shad remains part of our CBC family."

Kabango was hired as the permanent host of Q in April 2015 following a search to replace the show's previous host, Jian Ghomeshi. But critics thought his delivery and interview-skills were lukewarm, and the show's ratings were lackluster.

"Well, my time at q has come to a close," said Kabango in a statement. "It's been an honour and a JOY to serve in this role! . . . My relationship with the CBC remains strong."

Kabango says he will also be returning to music. Before joining Q, he was a rapper most famous for beating out Drake to win Rap

GET TO KNOW THE REPLACEMENT

Here are some quick facts about Tom Power:

- He's a folkie at heart, having started his career in folk college radio.
- He joined the CBC in 2008 at the age of 21 as host of Deep Roots, becoming the youngest host of a national CBC Radio program since Peter Jennings.
- In 2011, he became the permanent host of Radio 2 Morning, so he's spending the final years of his 20s waking up very early.
- He hails from St. John's and lives in Toronto.
- He's frontman for the Dardanelles who trade in lively traditional music.
- He apparently loves bluegrass, fishcakes and bad jokes. TORSTAR NEWS SERVICE

COURTESY CBC/DUSTIN RABIN

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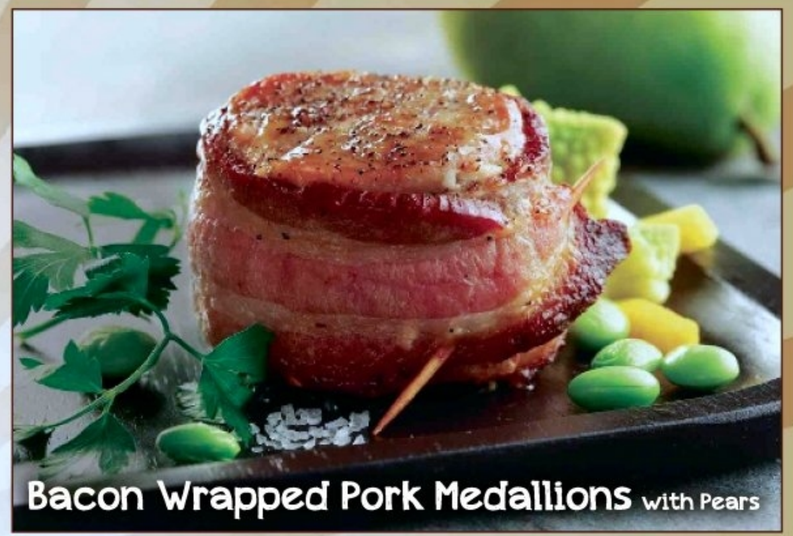

Bacon Wrapped Pork Medallions with Pears

- 1 **Canadian pork tenderloin**, well-trimmed, about 12 oz / 0.375 kg
- 4 slices thick or extra thick cut **bacon**
- 2 firm **pears**, peeled, cored and cut into wedges
- 2 Tbsp / 30 mL **butter**, divided
- ½ cup / 125 mL finely chopped **shallots**
- 1 cup / 250 mL **chicken stock**
- ½ cup / 125 mL **port, Marsala** or **Madeira wine**
- 3 Tbsp / 45 mL **grainy mustard**

Cut tenderloin into eight crosswise pieces (medallions), about 1-inch wide. Place two medallions together. Wrap bacon slice around both pieces to hold together. Secure with wooden toothpick. Repeat with remaining pork medallions and bacon. Preheat oven to 400°F (200°C). In oven-proof skillet, over medium-high heat, sauté pears in 1 Tbsp (15 mL) butter for 5 minutes until they begin to brown on both flat sides. Remove pears. Set aside. In same skillet, brown medallions on both sides. Place in oven for about 15 minutes or until meat thermometer reaches an internal temperature of 155°F (68°C). Remove medallions to clean plate; tent with foil to keep warm.

Melt remaining butter in skillet. Add shallots. Sauté about 1 minute. Add remaining ingredients and bring to a boil. Continue to boil until liquid reduces by half. Reduce heat to medium. Add pears. Cook until sauce thickens slightly. Remove toothpicks. Place medallions on serving platter. Top with pears and sauce.

Serves 4

SCHEDULE

Look for the Manitoba Pork tent at the following events

Wednesday, Aug. 17

Bacon Night! at Shaw Park

Winnipeg Goldeyes vs. St. Paul Saints

Details at *goldeyes.com*

Friday, Aug. 19 & Saturday, Aug. 20

Winnipeg BBQ & Blues Festival

Smith Street & The Burton Cummings Theatre

Details at *winnipegbbqandblues.ca*

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Pelvic problems surprise new moms

OB-GYN ISSUES

Education, physio can help with postpartum complications

Genna Buck
Metro Canada

When Laura Foster, 27, gave birth to her daughter Kinsley last September, no one warned her about the less dignified aspects of becoming a mother.

"A couple weeks after I had her, I sneezed when I was sitting on the couch feeding her and I peed myself. I was like, 'Oh my goodness.' Of course my husband starts laughing. I'm stuck in this position," Foster said.

Giving birth can do serious damage to the pelvic floor — the supportive muscles and connective tissue surrounding the bladder, lower intestines, and in women, the uterus.

This can result in all sorts of issues, from back pain to organ prolapse to painful sex, but one of the most common and debilitating is urinary incontinence, which affects about a third of new mothers.

According to Marie-Josée Lord, physiotherapist and past chair of the Canadian Physiotherapy Association's women's health division, there's been a surge of awareness about pelvic-floor issues. However, screening and treatment for them "is not part of standard care."

Usually, Lord said, postpartum incontinence can be successfully treated with physiotherapy (and there's some research to back this up). But physio is not covered by provincial health plans. Many women, Lord added, don't seek treatment at all either because they're embarrassed or because they don't know anything can be done.

On the suggestion of her sister-in-law, Foster found a physiotherapist near her home in Belleville, Ont. who offers pelvic physiotherapy.

When she started treatment she had little control of any muscles "from the bellybutton down."

Having physio on her internal vaginal muscles was uncomfortable, but it worked.

"Basically, after you've had a kid you have no shame. I told her just to do it if it's going to help. She sort of put pressure on (the muscle) to release it. It hurts. It's not a very pretty kind of physio, but it works."

After half a dozen appointments, her incontinence all but disappeared, and she has been able to go back to work early. "I would have been terrified to go back if I hadn't done this," Foster said.

Laura Foster experienced damage to her pelvic floor after giving birth, but physio successfully treated her issues. CONTRIBUTED

> **A lot of the women out there are starting to talk about this, and you realize there is help.**
> Mother Laura Foster

The extent of the information Foster received from her doctor about pelvic floor health was some pamphlets and encouragement to do kegel exercises.

With only a pamphlet for guidance, around 40 per cent of women do kegels incorrectly, Lord said.

At postpartum visits, busy family doctors and OB/GYNs tend to check on external healing and leave it at that unless women bring up specific issues, Lord said — though that's starting to change.

"I started doing pelvic health 25 years ago. It's a lot better now. There's a lot more awareness among both physicians and women.

"But there's still a long way to go," she said.

She held up France as an example. There, as many as 10 sessions of rééducation périnéale (lady-parts rehab, basically) are automatically prescribed free to every new mother.

Lord didn't suggest Canada should follow suit, but said even one postpartum physio visit to check for any issues and teach the proper way to do pelvic floor exercises would make a huge difference for many women.

Dr. Lynn Stothers, a professor of female urology at the University of British Columbia, said pelvic muscle rehabilitation is effective, and that nurses and doctors can be trained to do it as well as physiotherapists. But, she cautioned, it's not a "cure-all" because incontinence has many causes and can be lifelong.

Foster has been having the conversation with other women that she wishes someone had with her.

"Nobody really tells you this stuff," she said. "I go to playgroups. A lot of the women out there are starting to talk about this, and you realize there is help."

RETAIL

Lululemon having a zen moment

After two tough years, Lululemon Athletica is enjoying a rebound in sales and CEO Laurent Potdevin is optimistic that the company known for yoga wear can keep the momentum going.

Potdevin has set ambitious goals: to double sales to $4 billion by 2020, push innovation in products like swimwear and menswear, add more stores in North America and catch up in e-commerce.

The company is going back to taking risks following a major product hitch in 2013 that cost the company millions and sent the stock tumbling. Lululemon recalled thousands of its stretchy black yoga pants after customer complaints that they were too sheer.

Christine Day, who assumed the helm in 2008, announced she was leaving the company and said it was a personal decision. Then, founder Chip Wilson resigned as chairman after suggesting some women's bodies were not made for Lululemon's clothing.

Potdevin, who took the helm in January 2014, has been rebuilding. The company has relaunched its website. Its clothing is now all electronically tagged,

The Lululemon pant wall. THE ASSOCIATED PRESS

allowing Lululemon to better track inventory and shoppers to use the app to check whether items are in stock at a particular store. Lululemon also revamped its store wall of yoga pants with new fabrics and organized them by how they feel — relaxed, naked, hugged, held-in and tight.

Potdevin recently spoke about where the company is headed.

There are lots of companies jumping on the "athleisure" trend. Aren't you worried?
We are in a very unique position at the intersection of function and fashion. Every piece of product starts with function. If it's not functional, we shouldn't do it. And I think that insulates us from other lifestyle apparel brands. When we look at the brand, the people, the product, the global opportunity, the sky is the limit. We have a massive men's business ahead of us. We can grow multiple categories.

What was your priority when you first came on board?
My very first focus was on rebuilding guest loyalty. A big piece of that was quality. The company had grown very, very quickly. The investment had lagged behind the growth. And so for the first year I was focusing on building the engine that would allow us to handle the complexity of the business and to scale the business. So we invested heavily in our office in Hong Kong and our quality department.

How do you view risks now?
Two and half years ago, as a result of the snafus, there was a bit of a cultural fear ... of not trying new things. And today, we went from playing defence to playing offence, and we are launching new things again.
THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

The people on TV aren't anything like the rest of us

THE SHOW: Bob Costas's post-gymnastics interview, Rio Olympics, Aug. 9 (NBC)
THE MOMENT: The bodies

France's Florent Manaudou takes part in the Men's 50m Freestyle final at the Rio 2016 Olympics. FRANCOIS-XAVIER MARIT/AFP/GETTY IMAGES

NBC sports reporter Bob Costas sits in his Rio studio with the U.S. women's gymnastics team — Simone Biles, Gabby Douglas, Laurie Hernandez, Madison Kocian and Aly Raisman — soon after they won gold, beating second-place Russia by a whopping eight points.

"You are the best women's team in history," he tells them. The young women smile modestly and utter clichés about hard work.

The riveting stuff happens on a screen in the background: images of their impossible exertions. In spangled red and blue, the gymnasts flip on the balance beam, twist high over the vault, hang airborne above the mat.

We think of gymnasts as tiny, but these women are made of thick marble — broad of shoulder, bulging of thigh, biceps that would put Popeye to shame.

Ratings are down for these Olympics, and I wonder if the superhumanness of the participants isn't part of the reason. They don't look like amateur athletes any more.

They look like a super-race, formed by science into the exact shape required per sport.

This isn't just happening at the Olympics, either — on every channel, the humans look ... different. Super-buff Bachelors, female cops with no furrows in their brows, medical examiners whose breasts spill out of their lab coats.

The people on TV aren't who we are. They're who we're becoming.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

LEARNING CURVE

Moving into your first dorm

ISTOCK

It happens every year, says Simon Wilmot. A student arrives to their campus residence without bringing their own bedding, and chaos ensues.

"It's stressful when students show up and it's too late to get additional things like that," says Wilmot, the residence life coordinator at McMaster University. "Bedding is a big one."

The move to a university or college residence can be a major one for many students, particularly those leaving behind their childhood homes for the very first time. And with so many things on that soon-to-be solo student's mind, a suitcase packed at the eleventh hour will inevitably lack a few forgotten fixtures from home.

"The first thing I think it's important to remember that residence rooms can be personalized," says Wilmot. "So remember to bring along photos of friends and family — this can help combat homesickness."

"I'd also advise new students to bring along a few items of clothing that they don't mind getting damaged or ruined," he says, reminding that welcome week activities often involve a healthy dose of messy, outdoor mayhem.

Former residence assistant Jessica Sutherland emphasizes that it's important to remember the humble square footage of the average dorm room when packing for the move.

"Try to find a good closet organizer because you don't have a lot of space," says the University of Western Ontario graduate. "If you can organize your items vertically it will help you out a lot."

She adds that extra power cords, an electric kettle and good shower caddy are items that can forgotten in the scramble.

Jordan Carson, social media coordinator for residence services at the University of Alberta, reminds that while shower shoes, a small fan and simple decorations should be checked off on any student's 'must-bring' list, there certain items that must be left at home.

"Always be sure to check with your school housing office to learn in advance what not to bring as well as what's allowed," he says.

McMaster's Simon Wilmot echoes that sentiment, saying that although campus policy documents are often long and detailed, it's important to give them a thorough once-over before sealing up your Samsonite.

"Many universities have differing policies, so read the information carefully," Wilmot says. "An outside fridge might be OK at one school, but the family parakeet for example, may not go over so well."

FIND A REWARDING CAREER HELPING PEOPLE WITH ADDICTION

CONTRIBUTED

Addiction can deeply affect people, their families and their loved ones.

It's a complex condition, and it takes good judgement, wisdom and emotional strength to provide support for a person living with addiction.

That's why the job of an addictions and community services worker is so essential. This is a special kind of caregiver who understands the needs and special challenges of addiction.

If you're looking to start a challenging and rewarding career in the area of health care, the job of an addictions and community services worker might be for you.

There are many areas of specialty in the field, all are equally needed and valued. If you're working as an addictions and community services worker, you may find yourself working at a drug treatment and rehabilitation centre, group home, community mental health centre, correctional facility, or a facility for physically and developmentally handicapped individuals.

You'll hone your clinical skills, including interviewing techniques, relapse prevention and intervention.

You'll also deepen your theoretical knowledge about topics including ethics, indigenous culture, youth issues, human psychology and pharmacology.

If you're looking to start your career in this rewarding field, start with a comprehensive educational program.

The Addictions and Community Services Worker diploma program at CDI College provides students with clinical experience as well as important theoretical background.

For more information on CDI College's Addictions and Community Services Worker Program, call 1-800-360-7186 or visit study.cdicollege.ca.

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Focussing on positive, patient centred outcomes

The Canadian health care system continues to face many challenges and is seeing a growing imbalance of supply and demand.

The faculty of Allied Health (pharmacy technician, massage therapy and medical office assistant) at Robertson College is helping to reset the balance by training individuals in these in-demand professions.

"The number of Allied Health professionals will likely see continued growth as we recognize the need to improve access to safe, quality patient care and services," says Debra Chartier, faculty head of Allied Health, Robertson College, Winnipeg Campus.

The mandate for the Robertson College Allied Health programs is to provide a quality education that aligns with the industry specific National Competency Profiles and educational learning outcomes required upon entry to practice.

"Allied Health providers work to promote a culture that is focused on positive, patient centred outcomes," says Chartier.

"They often work collaboratively with other health care professionals to deliver services involving the identification, evaluation and prevention of diseases and disorders."

These programs provide practicum placements for all students.

"Clinical placements give students the opportunity to participate in, discuss and/or observe, and to develop and enhance their skills learned during the theory portion of their program," says Chartier.

"Students learn best practices and recognize the importance of continued self-evaluation and self-improvement through ongoing professional development and life long learning."

The Allied Health programs are industry recognized and Robertson College has partnerships with the top employers in the province who are hiring grads right out of graduation.

"We are very fortunate to have built up a strong network of employers that facilitate the development of knowledge in clinical skills and professional attitudes through guidance, supervision, role modeling and personal development of our graduates upon entry into the workforce," says Chartier.

All of the Allied Health programs have a variety of different start dates and more information about each individual program and the application requirements can be found on the Robertson College website.

For more information about the Allied Health programs, visit robertsoncollege.com/campuses/winnipeg.

New and improved renos at WellingtonCollege

As the summer comes to an end, many people start turning their focus to heading back to school. This fall, Wellington College is excited to welcome new and returning students who are beginning and continuing their journeys toward becoming massage therapists.

"Wellington College is an institution guided by experience, focused on expertise and committed to excellence," says Shane Parrington, public relations/volunteer coordinator, Wellington College.

While heading back to school, and especially starting a new school, can be a bit overwhelming, Parrington offers a few tips to students to get the most out of their time at Wellington this year.

"First and foremost is committing to their studies to ensure their future success."

But beyond what the students will learn in the classrooms and in the clinic, Parrington says it is also important for students to engage in campus life for a more well-rounded education.

"We encourage students to participate in college activities, student committees and volunteering," says Parrington.

"We find this blended approach gives students perspective and balance as to why they want to pursue massage therapy as a profession."

Students at Wellington also have access to a number of supports to ensure their success.

These supports include: tutorial services, adaptive learning, on site counseling, practicum placements for advanced students, yearly workshops for continuing education, post graduation support, and a job opportunity board.

At Wellington College, students study and work on state-of-the-art equipment and utilize the latest digital technologies to enhance learning.

"We also understand that individuals learn at different rates and as such, we work hard to adapt our learning environment to the distinctive needs of each student," says Parrington.

ISTOCK

Wellington College is excited to show off its phase one of renovations this fall.

As a part of the renovations, Wellington College has expanded their retail store Equip Massage Supply not only to meet the demands of current students and alumni, but the public as well.

This fall, students will be sitting in a new lecture hall, which will enhance their knowledge and abilities to become future skilled therapists.

For more information about Wellington College and the programs offered, visit wellingtoncollege.com.

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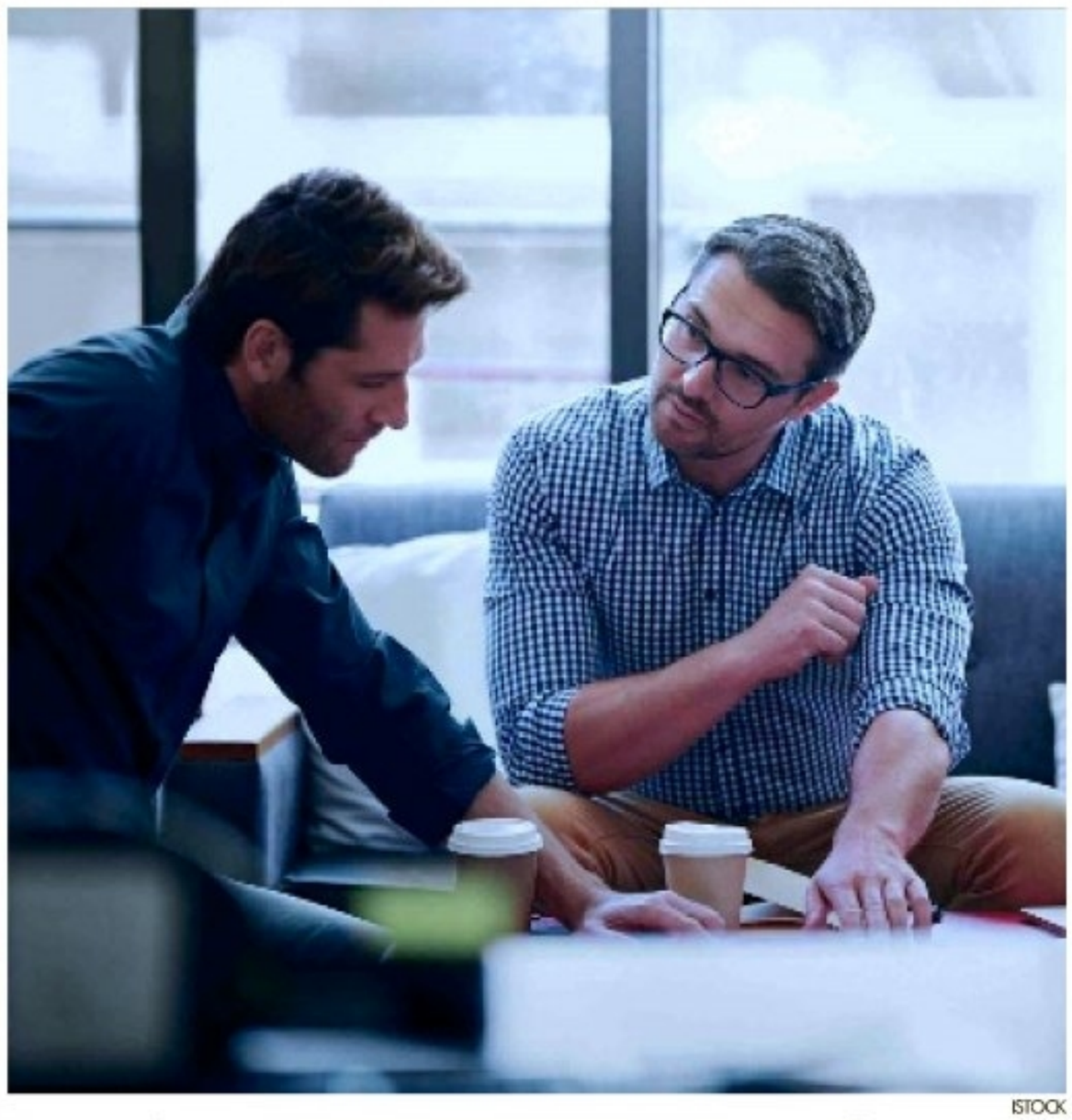


ISTOCK

Looking to step into the project management field?

Project management is a growing field and the new applied project management certificate offered through PACE (University of Winnipeg's Professional, Applied and Continuing Education), is for people looking to join project teams, build on their education and step into project management.

"Project management is increasingly becoming more in-demand in many industries and PACE added this program for students looking to take a university program that gives them a foundation in project management, offered in a flexible format and can be completed within a few courses," says Karen Warkentin, project management program manager, PACE.

"Project management is transferable in many industries - many individuals are looking for the foundational skills needed for managing projects."

The applied project management certificate is for people looking to step into project management roles, as project coordinators, project assistants or other team members.

The program is also for people looking to augment their current education or wanting to step into new roles in their employment.

The program goes through the lifecycle of a project and provides students the foundations of planning, scheduling, and monitoring a project and the communication skills for managing project.

Students of this program will learn to create and execute project work plans, define project scopes and deliverables, determine project resources and staffing requirements, set project milestones, develop budget proposals, and successfully close a variety of projects.

For the electives students can choose courses on management, leadership, or business analysis. Students who complete this program may go on to pursue careers as project coordinators, project engineers, project managers, or project team leaders, to name a few.

The program can be taken entirely online allowing students to take courses while working, which can be a big selling point for individuals who are currently looking to bring more to the table at their current jobs without having to take time away from work to do so.

Some courses may also be taken in class as well for those who prefer face-to-face instructor-based learning.

The program can be completed in five courses. The first course starts this fall. The program can be completed within 16 months of part-time studies. For more information about the new applied project management certificate, visit pace.uwinnipegcourses.ca.

AN INTEREST AND PASSION FOR THE WRITTEN WORD

Technical communications is part of our every-day lives, and the School of Continuing Education at Red River College (RRC) offers the technical communications program through distance and in-class delivery.

"If you have ever followed directions on how to put together your new coffee table, how to use your phone, or how to cook a box of macaroni and cheese, you have experience with technical communications," says Margaret Braid, program manager, School of Continuing Education, RRC.

Students start the program with the technical communications 1 course, where the principles of technical writing are introduced.

"As in any type of writing, an interest and passion for the written word are the first requirement for anyone looking to enter this field," says Braid.

While writing skills are common for all types of writing, such as grammar, editing, and structure, the skill set for a technical communicator emphasize clear, concise and audience-focused writing.

The importance of easy-to-understand directions is especially critical in fields such as health care, security, and emergency response manuals.

"One of the graduates of the technical communications program is a prison administrator who used his skills to create a manual for prison lock-down procedures," says Braid.

"Good technical writing skills are pretty important when lives depend on your written directions."

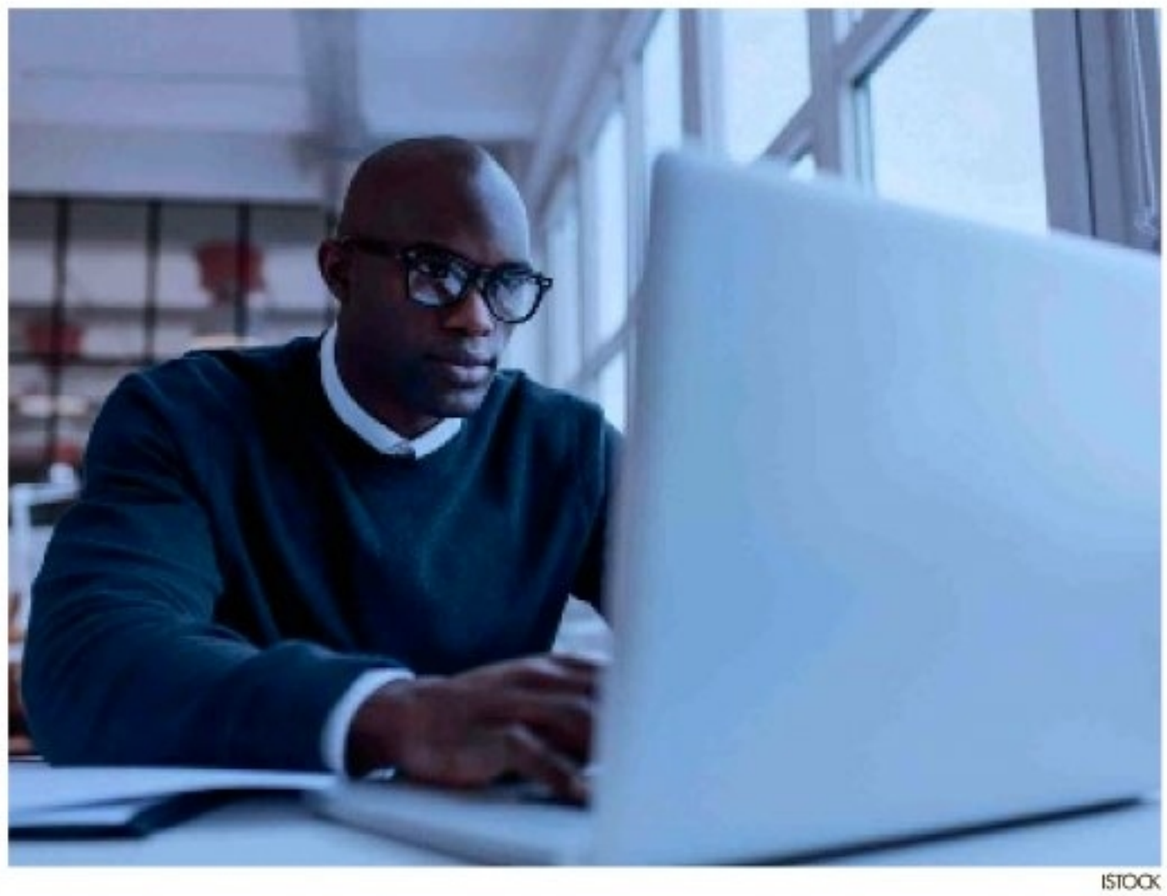
Of course, not all technical communications is a life or death situation, but mistakes in documentation, directions or instructions can be very costly and time consuming.

"Every business, government and service industry wants to communicate effectively with its audience and employees," says Braid.

"Poor communication often leads to disruptions, confusion and wasted energy in the workplace."

The technical communications certificate requires seven courses that are all available through distance education and several are offered through the part-time evening classes.

The distance courses in technical communications are delivered online and are open for registration the first of every month.



ISTOCK

The first course of study, will also be offered in class starting Tuesday, September 13 at the Princess Street campus in the Exchange district.

For more information about this certificate, visit rrc.ca.

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Loriebeth Quileza (Technical Communication, 2005)

Flex-Ed programs part of students' evolving needs

If you want a professional career, in a growing industry, but can't find a program that fits your busy schedule, the Flex-Ed programs offered at Herzing College Winnipeg could be the right choice for you.

Flex-Ed is ideal for students who can't commute to Winnipeg every day for class.

"At Herzing College we understand that student's needs are evolving, and that the way in which we deliver our programs has to evolve with it," says Kerry Swanson, president, Herzing College, Winnipeg Campus.

Students often juggle work, family and other commitments all while trying to attend school and further their education.

"We realize that while some students prefer to attend regular classes at our campus, there are other students who prefer to work in an online learning environment to best accommodate their schedules," says Swanson.

"It was from this that we developed our Flex-Ed (flexible education) concept."

Flex-Ed is education, your way.

Typically, students work their schedule around school, but Flex-Ed works around your schedule.

ISTOCK

"Our Flex-Ed program format offers the best of both worlds," says Swanson.

"A convenient online learning environment with the option to work at the campus and receive support from your instructor."

Students can choose to work completely or partially online and come to the campus during set hours each day to meet with their instructor and use the Herzing facilities.

Flex-Ed also allows students to begin a program more frequently, no more waiting several months for a program start date.

"We want to assist students in starting school, graduating and finding employment, sooner," says Swanson.

Flex-Ed is flexible and convenient.

"Don't worry about missing class, you can log into your virtual classroom when it's convenient for you," says Swanson.

"A dedicated instructor will be there with you every step of the way to help you earn your diploma."

In addition to your academic support, you will receive support from all of the student service departments including educational funding and employment services.

The following programs are currently available in the Flex-Ed learning format; accounting and payroll administrator, business administration, office assistant, social media coordinator, supply chain management and logistics and systems technical support analyst.

For more information, visit herzing.ca/winnipeg or call 204-775-8175.

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metro RIO

Canadian open-water swimmer Richard Weinberger's remedy for illness-causing bacteria: a mild antibiotic and a few sips of Coca-Cola

Coach preps players for battle

RIO2016

Canadian soccer team to get pep talk from MMA star

When Canada's women's national soccer team readies for Tuesday's Olympic semifinal (3 p.m., ET, CBC), coach John Herdman will unspool a pre-match message from a Canadian sporting legend.

Georges St. Pierre, the UFC fighter, will offer words of inspiration via video in the moments before the Christine Sinclair-led squad takes on Germany for a berth in Friday's gold-medal game, the coach said. Herdman, an aficionado of the mixed martial arts, arranged the pep talk because he loves the blood sport's lessons of passion and perseverance. He said he's been exposing his team to occasional doses of UFC footage "whether they like it or not."

"We definitely have taken the message away, while maybe not enjoying the face-smashing quite as much as John does.
Shelina Zadorsky

And the message has been received by the players, albeit while sometimes watching through fingers.

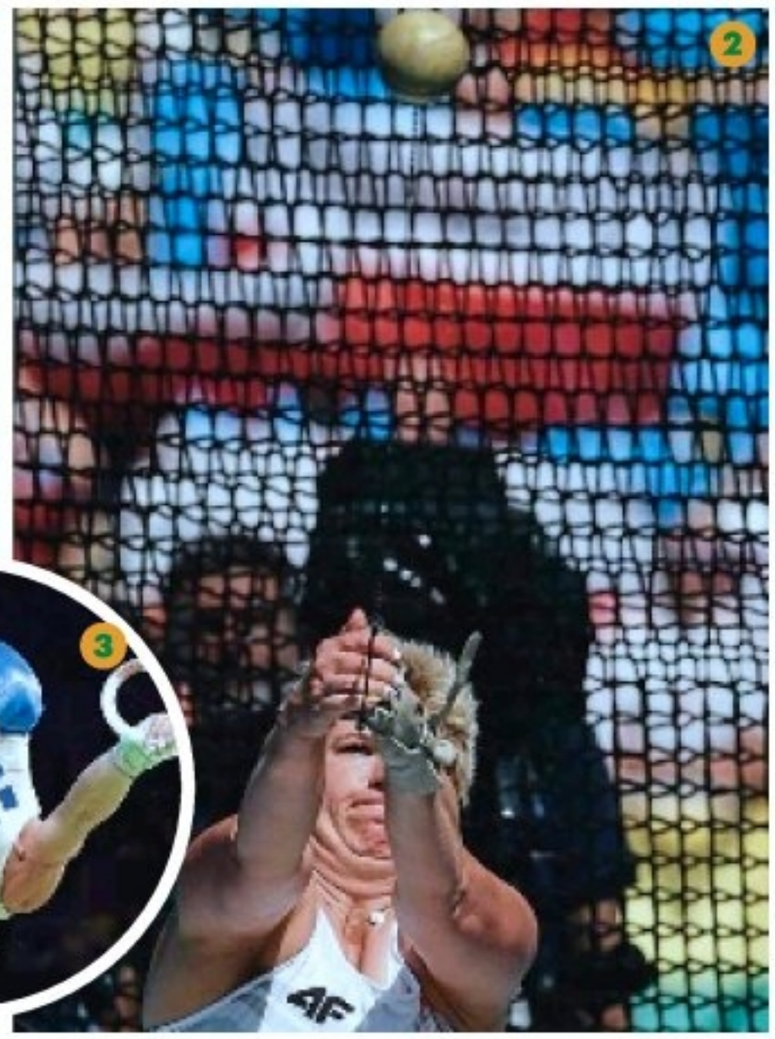
"To be honest, UFC makes me cringe a little, so I look away sometimes. But it's the mindset he's trying to teach us," Canada goalkeeper Stephanie Labbe was saying Monday. "It's the idea that whoever you're stepping out there against on any given day, you have to have the belief you can beat them. And this team — we have that right now."

Why shouldn't Canada have it? With a flawless 4-0 record at these Olympics, including a group-stage win over the Germans, they find themselves with two games remaining in a five-ringed journey around Brazil that's been magical to watch. A win Tuesday against Germany means they play for gold in Rio on Friday. A loss, and it's Friday in Sao Paulo for a chance at repeating as bronze medallists.

If Herdman spent part of Monday's news conference trying to position his team, ranked 10th in the world, as rabid underdogs against the No. 2 Germans — framing the opponent as a "juggernaut" and insisting "it's theirs to lose" — the coach allowed that his team's success, after a revamp that layered youth beneath a proven core, isn't exactly unforeseen. (To that end, German coach Silvia Neid insisted Canada "should be the favourite.")

Said Herdman: "Quietly, behind the scenes, we knew what we were capable of. We weren't going to say that publicly. But we knew this team could push. We had a four-year plan in place ... And we're starting to see the fruits of that, for sure."

TORSTAR NEWS SERVICE



RIO in brief

TV camera falls 60 feet, injures seven people

Seven people were injured Monday when an elevated television camera plummeted more than 60 feet to the ground in the Olympic park outside the basketball venue in the latest in a string of mishaps at the Rio Games.

The Olympic Broadcasting Service said two guide cables on its camera snapped, causing it to fall to a lower concourse that feeds into the basketball stadium.

TORSTAR NEWS SERVICE

Poor sport sent home

The Egyptian judo athlete who refused to shake his Israeli opponent's hand after losing a first-round heavyweight fight was sent home Monday.

The IOC called Islam El Shehaby's conduct following his loss on Friday to Or Sasson "contrary to the rules of fair play and against the spirit of friendship embodied in the Olympic values."

Sasson went on to beat Cuba's Alex Maxell Garcia Mendoza for the bronze medal. THE ASSOCIATED PRESS

1 Bahrainian bounce — Ruth Jebet captured Bahrain's first-ever gold medal after winning the women's 3,000-metre steeplechase in a time of 8:59.75 on Monday.

2 Laying down the hammer — Poland's Anita Wlodarczyk set a new world record of 82.29 en route to winning the women's hammer throw.

3 Lord of the rings — Eleftherios Petrounias won in men's rings for Greece's second gold medal of the Games.

4 Biles slips on beam — A mistake on the balance beam prevented the American gymnastics star Simone Biles from a record-tying fourth gold in Rio. She settled for the bronze medal while Sanne Wevers won gold and Laurie Hernandez took silver. PHOTOS BY GETTY IMAGES

Go to metronews.ca for coverage of Monday night's men's pole vault competition.

metro SPORTS

The Cubs apologized and fired an employee for playing The Prodigy's Smack My B---ch Up when Aroldis Chapman left the mound Sunday

Denmark's riveting sequel

BOMBERS THIS WEEK

Ed Tait

It's long been the belief from this perch that the daily goings-on of the Blue Bombers have for decades made it Winnipeg's greatest soap opera.

The winning, the losing, the heartache, the joy … all of it has provided for some rather compelling drama since this football club first grabbed grass and growled at an opponent way back in 1930.

It's with that prologue out of the way that we present this today: one of the juiciest Blue Bombers subplots this season — and maybe over the last two or three years — is this Clarence Denmark storyline that is currently unfolding before our very eyes.

3

Denmark has as many touchdowns as he did in each of 2014 and 2015.

Just to recap, it was back on March 22 when the Bombers cut two veterans adrift, severing ties with both Denmark and defensive tackle Bryant Turner Jr. The moves were directly about what the club had done in free agency, but were also financially motivated and partly about change.

The Bombers had signed receivers Weston Dressler and Ryan Smith in free agency and pushed on from Denmark after his receiving totals fell from 65 catches for 1,080 yards to 57-718. And Turner was released after the team inked Canadian vet Keith Shologan as well as Euclid Cummings after he posted an eight-sack season with the Toronto Argonauts.

But it's what has happened since then that is potentially making this the stuff of legend.

First, Denmark was signed by the arch-rival Saskatchewan Roughriders in May for many of the same reasons the Bombers inked both Dressler and Smith — as a veteran piece for what was going to be a made-over receiving corps. But when the Riders made their final roster decisions at the end of training camp, Denmark was again a casualty.

He was at home in Jacksonville, Fla., less than a month ago, watching the Bombers knock off the Edmonton Eskimos on television while losing three receivers to injury — Darvin Adams, Dressler and Quincy McDuffie (with Smith already on the injured list) — when his phone rang. And before the final gun had sounded in Edmonton, Denmark was on his way back to the Bombers.

His return, just in itself, makes this a good story.

But it's what Denmark has done in the last two games — catching 14 passes for 264 yards and three touchdowns — that has taken this tale from just good to remarkable.

Now, to those who know the man, his reaction to what has unfolded in the last few weeks is a perfect representation of his personality and his character. He's been humble and appreciative about his second chance. But also keenly aware that's not just that he is getting another shot that makes the story juicy, it's that his rebirth is coming with the same team that cut him six months ago.

Clarence Denmark has caught 14 passes for 264 yards and three touchdowns in two games since returning to the Blue Bombers. NATHAN DENETTE/THE CANADIAN PRESS

An example: during Denmark's media scrum after Friday's win over Toronto I asked him if he appreciated how cool a story this was.

His answer was as honest as the man himself.

"I do," he began. "I haven't had a lot of time to take it in. I'm glad we have a bye week to let it soak in and just realize what's actually happening, but it's a great feeling."

It's a heckuva story, too. What happens next could be just as captivating.

The Bombers' mutilated receiving corps is getting healthier by the day, especially with this week being a bye and Denmark — based on all his contributions — is the least-likely candidate to be yanked from the lineup.

Go figure.

Yes, a man kicked to the curb in March is now a critical part of a three-game winning streak.

Given all the drama with the Bombers over the last few years — how this franchise has often pulled fans to the edge of their seats and then sent them crashing back into them — that's a riveting, and welcomed, change to the script.

Ed Tait is the Blue Bombers Director of Content. Follow him daily on Twitter (@EdTaitWFC) and bluebombers.com.

MLB

No rapid return for A-Rod

Alex Rodriguez says he won't play in the major leagues again this season.

The three-time AL MVP was released Saturday by the New York Yankees, who owed him about $27 million for the rest of his contract, which runs through 2017.

Any team could sign A-Rod for a prorated share of the major league minimum of $507,500, and Rodriguez's hometown Miami Marlins said Sunday they were discussing whether to reach out to the 41-year-old in the wake of a season-ending injury to the team's slugger Giancarlo Stanton.

However Rodriguez spokesman Ron Berkowitz says in a statement Monday: "I want to put all this talk to rest about Alex playing for any team this season."

"It's not happening. Like he said Friday night, he is happy and he is going to take some time to relax and hang with his family and friends," Berkowitz adds.

Yankees manager Joe Girardi said that once Rodriguez left Yankee Stadium, he didn't expect the star to join another team. But, Girardi added Monday night, "nothing that Alex does should ever surprise us.".

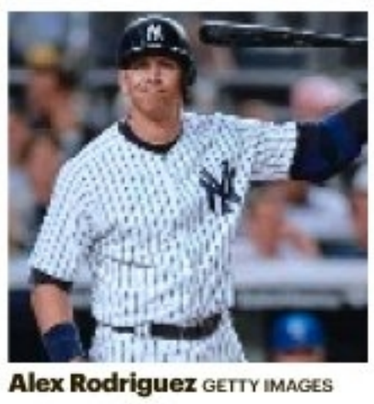
As the Yankees continue to look to the future, they have promoted right-hander Chad Green from Triple-A to start Monday night against the AL East-leading Toronto Blue Jays.

This is Green's fifth stint with the Yankees this season. He is 1-2 with a 4.94 ERA in eight games, including four starts.

The 25-year-old Green made his major league debut in May.

The Yankees sent Luis Severino back to Scranton/Wilkes-Barre after he got hit hard by Tampa Bay in a start Sunday.

THE ASSOCIATED PRESS



Alex Rodriguez GETTY IMAGES

NHL

New Ducks deal for veteran Vermette

Veteran forward Antoine Vermette has agreed to a two-year, $3.5 million contract with the Anaheim Ducks.

Anaheim announced the deal Monday.

The former Stanley Cup champion spent last season with the Arizona Coyotes, getting 17 goals and 21 assists. The Coyotes bought out the remaining $3.75 million on Vermette's contract earlier this month, making him a free agent.

Vermette has scored 471 points in 910 NHL games with four franchises, establishing a reputation as a steady two-way centre with a knack for big goals. He scored the double-overtime playoff winner for the eventual champion Chicago Blackhawks in Game 4 of the Western Conference finals against the Ducks in 2015.

Vermette will fill a gap left by Nate Thompson, whose torn Achilles tendon will keep him out for several more months.

THE ASSOCIATED PRESS

IN BRIEF

Isles grab goalie Gibson

The New York Islanders have signed goaltender Christopher Gibson to a one-year, two-way contract. The Islanders announced the signing of the 23-year-old on Monday. Terms weren't immediately available. Gibson made his NHL debut with the Islanders last season. His first NHL win came on April 5 at Washington, clinching the Islanders' Stanley Cup Playoff berth.

THE ASSOCIATED PRESS

MLB

Ortiz farewells the Tribe with homer

David Ortiz hit a go-ahead, two-run homer in a three-run sixth inning, and the Boston Red Sox defeated the Cleveland Indians 3-2 on Monday to extend their winning streak to four.

Ortiz's 27th home run of the season, the 530th of his big league career, overcame a 1-0 deficit. Ortiz homered in all three games the Red Sox played in Cleveland on this his farewell season.

One out later, Jackie Bradley Jr. also homered off Josh Tomlin (11-6), who has given up a major league-leading 29 home runs this season.

Drew Pomeranz (1-2) allowed two runs and five hits in 7 2/3 innings to win for the first time since he was acquired from San Diego on July 14. He had been 0-2 in five starts for the Red Sox.

Tomlin (11-6) lost his third straight outing and for the fifth time in seven decisions after a 9-1 start.

THE ASSOCIATED PRESS

RECIPE Cobb Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This twist on the diner classic swaps feta for blue cheese but the whole salad can be freestyled to suit your tastes (and what's in the fridge!).

Ready in 30 minutes
Prep time: 15 minutes
Serves 4

Ingredients
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 2 chicken breasts
- 6 bacon slices
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 1 head of romaine, thinly sliced

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sautée bacon until crisp. Drain on a paper towel. Cut or crumble into pieces.

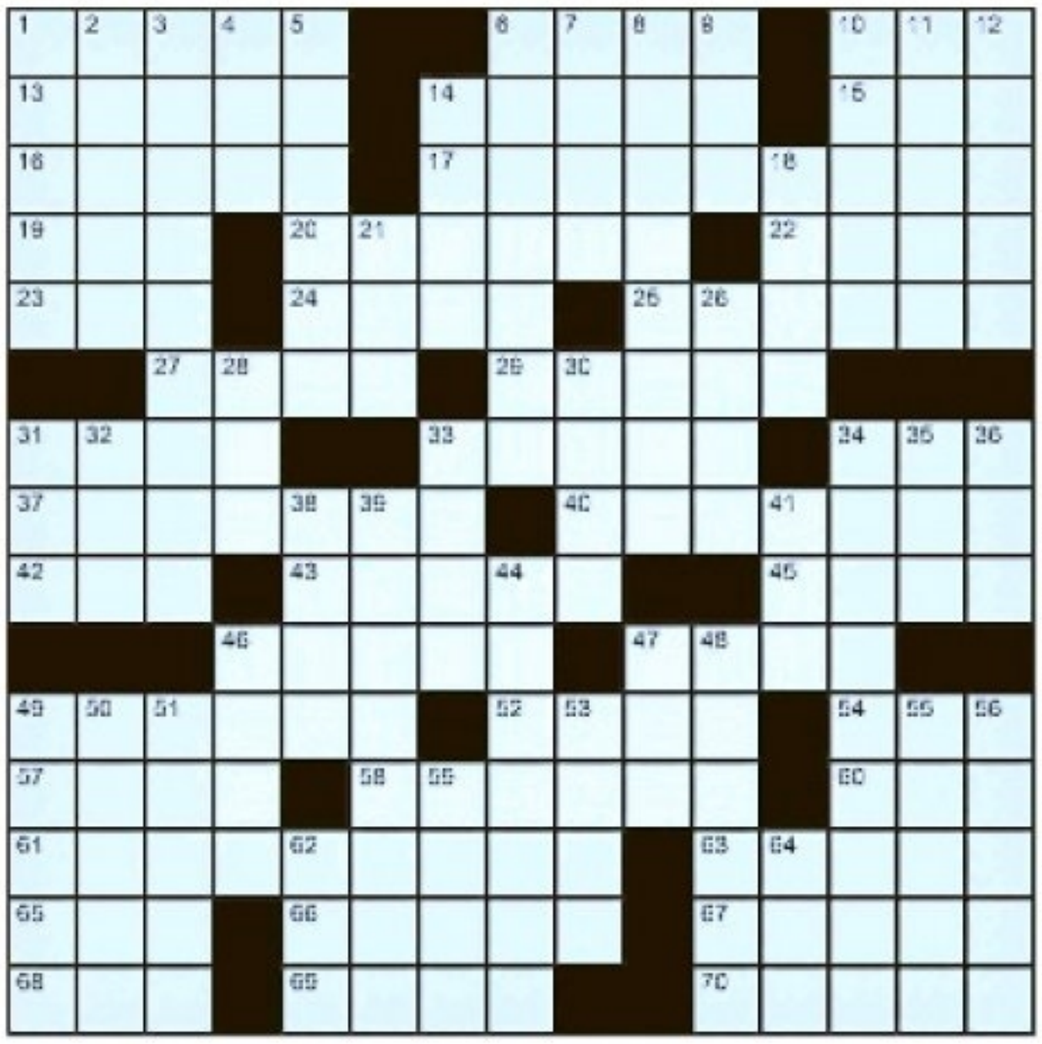
3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: _ Volleyball
6. "Be-_-_-Lula"
10. $20s-spewing source
13. Cop _ _ (Bargain in court)
14. Pave anew
15. French vineyard
16. Port city in northern Brazil
17. RIO 2016: Olympic island nation
19. Yes
20. Greek Myth: Snake-haired Gorgon
22. Single occasion
23. RIO 2016: Tel Aviv's country, IOC-style
24. "Wyatt _" (1994)
25. Lumberjack
27. RIO 2016: Rower's needs
29. Curls
31. Dull noise
33. Skirmish
34. Mr. Bachman
37. RIO 2016: Rio de _
40. RIO 2016: Olympic country of the Atlas Mountains
42. 16th-century English dramatist, Thomas _
43. RIO 2016: Like #1-Across' playing surface
45. Showy flower
46. Tropical bean tree
47. Spanish 'island'
49. _-_ chalet
52. Russian river
54. Sugar amt.
57. Declared
58. Newfoundland: Bell Island town
60. "Yoo-_!"
61. RIO 2016: Athletics field event: 2 wds.
63. Beauts
65. Mauna _ (Hawaiian volcano)
66. Someone _ (Not mine)
67. Lofty layer
68. 'Hatch' suffix
69. Travel purchases [abbr.]
70. Elvis' "Suspicious _"

DOWN
1. "_ _ Need Your Loving" by The Four Tops
2. RIO 2016: Fencing swords
3. RIO 2016: Gymnastics event, Men's Individual _-_
4. Dee's preceder
5. RIO 2016: _ Throw
6. Quebec town on the St. Lawrence River
7. Giant of ancient Greek mythology
8. RIO 2016: _ Bars (Gymnastics apparatus)
9. Political pundit Mr. Fleischer
10. Nailing
11. Armistice
12. Ponderer
14. What's leftover, briefly
18. Clothes
21. '_' _ in Edmonton
26. Fashion designer Mr. Cassini
28. Citrus drink
30. Skin care brand
31. RIO 2016: 'Tajikistan', IOC-style
32. Bale of _
33. _ Lisa (The Louvre masterpiece)
34. RIO 2016: Sport in which Canadian Olympian Simon Whitfield won gold in Sydney in 2000
35. Garlic: French
36. Set down
38. "'_, _ take you Diane...'" (If Ted and Shelley's characters married on "Cheers")
39. RIO 2016: Event in Athletics: 2 wds.
41. Annex
44. RIO 2016: Badminton and Tennis competitions
46. 'Motor' suffix
47. Mr. Fleming
48. RIO 2016: Whitewater rapids event
49. Crunchy fruit
50. RIO 2016: Gymnastics event, Women's _ Exercise
51. RIO 2016: Track team race event
53. Mice pals
55. Sensible
56. Models
59. RIO 2016: 'Down Under' Olympic country, briefly
62. Fido's doc
64. Submachine gun variety

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see a marvellous way to introduce reforms or improvements at work today. You might see ways to improve your health as well. Move ahead in both directions.

Taurus April 21 - May 21
Romantic relationships are passionate today. A new relationship that begins now will be intense. Destiny!

Gemini May 22 - June 21
You can make a powerful improvement to your home that will make things run more smoothly, especially improvements to bathrooms, plumbing and laundry areas.

Cancer June 22 - July 23
Your ability to convince anyone of anything is amazing today. Your words are like gold. This is a strong day for writers, actors, teachers and salespeople

Leo July 24 - Aug. 23
You are passionately resourceful today. You might see ways to make money from art. Or perhaps you see new applications for something that can generate money.

Virgo Aug. 24 - Sept. 23
Whatever you do today, you will do with intense passion. Life is black and white, not gray. You either want something or you don't. (Oh my.)

Libra Sept. 24 - Oct. 23
Passionate, secret trysts will take place for many of you today. You have to ask yourself if this relationship is a positive thing in your life. (Yes, it's irresistible, but so are nachos.)

Scorpio Oct. 24 - Nov. 22
A friend might become a lover today. One thing is certain: All your interactions with friends and members of a group will be intense and memorable.

Sagittarius Nov. 23 - Dec. 21
Others might seek your advice about how to make something more attractive. This could be design, layout, anything. Meanwhile, a flirtation with a boss might be too hot to handle.

Capricorn Dec. 22 - Jan. 20
Romance with someone from another culture or a different country will begin for some of you now. Others will be passionate about issues regarding politics, religion and race.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property, inheritances and debt will not be casual today. Nothing is casual today (particularly intimacy).

Pisces
Feb. 20 - March 20
Your feelings for partners and close friends will be forceful and powerful today. You might see a new, deeper level of the relationship that you had never realized before.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4	9						5	3
6		3				1		7
5			3	8	9			4
	6						8	
8			1		5			9
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5	4	9	2	1	6	7	3	8
8	3	4	7	6	5	9	2	1
1	7	2	4	9	8	3	5	6
9	6	5	3	2	1	4	8	7
7	5	8	1	4	3	2	6	9
2	9	3	6	5	7	8	1	4
4	1	6	9	8	2	5	7	3

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